



Keys to Safe Cycling

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For Adults

1. Be **visible** to motorists. Bright yellow and fluorescent colors catch motorists' attention.
2. Be **predictable** for motorists. Motorists don't respond well to surprises.
3. Be direct and clear in your **communication** with motorists. Use your eyes, your hands, and your voice.
4. Be in **control** of your bike. Stay **focused** and **alert**.
5. **Follow and obey** the rules of the road. **Same roads. Same rights. Same rules.**
6. Wear a **helmet**. In 2008, 653 (91%) of the 714 cyclists killed were not wearing helmets.
7. Know how to deal with **sudden changes**, e.g. gravel on the road.
8. Ride the **smartest lane**. Understand when to "take the lane" and when to share the lane.
9. **Know** your bike (ABC Check—Air, Brakes and Chain)
10. Know **where and where not** to ride. Check out www.RoadGuardian.com for risky areas.
11. Ride **with the flow of traffic**, not against it.
12. Use **hand signals** when turning at intersections. Motorists appreciate this.
13. Ride a **safe distance** from parked cars to avoid a door being opened.
14. **Do not use headphones** while riding. This is just being plain stupid.
15. **Enjoy the ride.**

For Children

Children less than 10 years old are better off riding on the sidewalk (Recommended by the NHTSA)

The safest place for bicycle riding is on the street, where bicycles are expected to follow the same rules of the road as motorists and ride in the same direction. However, Children less than 10 years old are not mature enough to make the decisions necessary to safely ride in the street.

When riding on a sidewalk:

- Check local law to make sure sidewalk riding is allowed.
- Watch for vehicles coming out of or turning into driveways.
- Stop at corners of sidewalks and streets to look for cars and to make sure the drivers see you before crossing.
- Enter a street at a corner and not between parked cars. Alert pedestrians that you are near by saying, "Excuse me," or "Passing on your left," or use a bell or horn.
- Walk your bike across an intersection. Most accidents occur near intersections.

